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Friday, Jan. 25, 2019
 Vol. 3, No. 6

29th Annual Red Hot Night Fundraiser

Great Lakes Burn Camp and Shelby Township Fire Fighters invite the community to spend an evening at the 29th Annual Red Hot Night Dinner Dance on Saturday, February 9 at The Palazzo Grande in Shelby Township.

The annual charity event raises funds for Great Lakes Burn Camp for Kids, a camp designed for burn victims, specifically children. The event goes from 6 p.m. to midnight and includes dinner, a premium open bar, dancing, raffle items, and a variety of door prizes.

All profits from this event will be donated to Great Lakes Burn Camp. In 2018, the event raised over \$27,000 for the camp. The goal this year is \$35,000.

Event organizers are currently seeking sponsors, donations, door prizes and raffle items. Donations of prizes, raffle items and silent auctions must be turned in by February 8 at 3 p.m. to be included on the auction and raffle tables.

Tickets are \$85 per person and for an extra \$110 you can reserve a room at the Shelby Township Hampton Inn with transportation to and from the event from the hotel. Tickets can be purchased online at rhn2019.eventbrite.com (fees apply) or at Fire Station #1 during normal business hours.

For ticket information or to make a donation, contact the Shelby Township Fire Department at 586-731-3476 or 586-634-4120.



CREEKSIDE ANIMAL HOSPITAL in Macomb Township recently collected \$1,500 in donations for the K-9 units of Macomb County Sheriff's Department and St. Clair Shores in honor of Officer Axe. MCSO Deputies visited Creekside on Wednesday to accept the donations and they also brought along a few of their four-legged benefactors. Creekside recently moved to a larger facility at 45245 Romeo Plank Rd and will host an Open House on Saturday, February 23 to welcome the community. Learn more about Creekside Animal Hospital at cahmacomb.com/.

English Language Group Builds Multilingual Community

by ELENA DURNBAUGH

Every Saturday, a conference room at the Clinton-Macomb Public Library is transformed into a cultural forum, as people from around the world meet to discuss language, customs, and citizenship.

Conversations include topics like talking on the phone and responding to the greeting "What's happening?"

The English Second Language Conversation Group at the library is designed to help non-native speakers improve their English skills. As Macomb County becomes increasingly diverse, programs like the ESL group help build community.

"One of the things we do in the program is... build confidence," said Dave Meyer, who organizes the program. "We can

get them relaxed and familiar with the program, so they can be more comfortable with their neighbors."

During his 2018 State of the County address, Macomb County Executive Mark Hackel said the county added 4,000 residents last year. Of those new residents, he said, 72 percent were foreign born. According to the most

See ESL, page 2

Macomb, Utica Students Honor Dr. King's Legacy

Approximately 350 students, faculty and staff members from Macomb Community College came together over the weekend and on Martin Luther King, Jr. Day, Monday, January 21, to volunteer with a variety of nonprofit organizations throughout Macomb and Wayne counties. This is the ninth year Macomb has organized service activities in honor of MLK Day.

"It is gratifying to witness that our staff and students understand our interconnectedness in creating and maintaining a vibrant and inclusive community and that they are willing to take that understanding a step further by contributing through personal service," said James O. Sawyer IV, president, Macomb Community College. "In essence, our day of service activities are about putting a spotlight on empowering individuals, strengthening communities, bridging barriers and addressing social problems."

Volunteer time was split between activities out in the community and at the college. Organizations that hosted service work included Second Hand Rose, Gleaners Food Bank, the Veterans Administration Hospital and Detroit Rescue Mission Soup Kitchen. On the college's South

See MLK DAY, page 3

Inside

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Health & Wellness

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Classifieds

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State Bill to Reform Civil Asset Forfeiture Approved by Judiciary Committee

Legislation designed to ensure innocent Michigan residents don't lose their personal property to civil asset forfeiture was approved by the Senate Judiciary Committee on Thursday, said committee chairman Sen. Peter J. Lucido.

"Senate Bill 2 is a common-sense reform to protect the due process rights of innocent property owners, while still empowering law enforcement to be tough on crime," said Lucido, R-Shelby Township. "The current process has been abused for too long and has unnecessarily ruined too many people's lives."

Under current law, police have the authority to take and

keep the property of individuals who haven't even been charged, let alone convicted. SB 2 would require that an individual be convicted of or plead guilty to a crime before law enforcement could take ownership of personal property through the civil asset forfeiture process. Seized personal property would be returned if a person is not convicted of a crime.

"I thank the committee for its support and look forward to working with my Senate colleagues to get this bill passed," Lucido said.

SB 2 now advances to the Senate floor for consideration.

After 5 Networking at Red Ox Tavern

Join the Sterling Heights Regional Chamber of Commerce for a networking event at the Red Ox Tavern in Utica on Thursday, January 31 beginning at 5 p.m.

People can enjoy appetizers and the chance to connect with other area professionals. The event is free for pre-registered

Chamber members. For pre-registered non-members, the cost is \$20. At-the-door costs are \$5 for members and \$25 for everyone else.

Those interested can register at shrcci.com/. Red Ox Tavern is located at 45411 Park Ave. in Utica.

ESL Group Helps Foreign Born Macomb Residents

ESL, From page 1

recent data from the American Community Survey, 15 percent of Macomb County residents speak a language other than English at home

The library's ESL group represents that diversity. Attendees speak Polish, Japanese, Cantonese, Portuguese, and Albanian, and their English fluen-

she said. "When we came here, I found that, wow, big problem. I can't hear. I can't understand. It was just like we were disabled. We were dumb."

Ng said that not being able to communicate was frustrating. Despite her best efforts, people didn't understand her, and she couldn't understand them. She said she felt embarrassed.

them," Meyer said.

The conversation group is run entirely by volunteers. Meyer first got involved through Macomb Literacy Partners, a non-profit established to support adult literacy programs in Macomb. He has worked with the ESL group for over five years and helped the program transition to the library when Macomb Literacy Partners closed in December 2018.

English and the United States aren't the only subjects the conversation group talks about. The attendees share their own language and culture with the group.

"We learn so many things," Ng said. "I like the Chinese group because we are the same language, but I like the conversation group because it allows me to expand my vision."

The English-speaking volunteers learn a lot, too. Meyer said that, for him, discussing idioms with is interesting.

"We find out some of these other nationalities have their own idioms that mirror the English idioms," he said.

Although local school districts provide free classes for adult English language learners, Meyer said the library conversation group provides something different. The informal nature of the meetings allows learners to set their own pace and get individual attention that may not be available in a classroom setting. There are no tests and very little homework.

"It's the participants that set the agenda for us," Meyer said. "I feel we can reach more people that way."

Between six and 12 people attend the group every week, but Meyer said he'd like to see it grow. According to Meyer, the Clinton-Macomb Library plans to present the program to other libraries in the area. Someday, he said, he'd like to set up satellite locations for the group.

Millie Ng said she wants to see the program grow, too.

"To Macomb, this is an asset," she said, "but not many people know there is a place."

To learn more about the ESL Conversation Group or to ask about volunteering, contact the Clinton-Macomb Public Library at 586-226-5000.



"BEFORE HE WAS my teacher, now he is my friend," said Mark Ng about volunteer David Meyer. From left: Millie Ng, Dave Meyer, and Mark Ng.

cy ranges from beginner to advanced. At meetings, they get to practice speaking English while discussing grammar, cultural norms, and U.S. history.

Millie and Mark Ng have attended the conversation group for almost eight years. They moved to the United States from Hong Kong in 2008 to start a new chapter in life. They were retiring and wanted to have new experiences.

"We already retired in Hong Kong," Millie Ng said. "Everybody wondered, how come at that age you come to America, and you have to start everything from the beginning? But because of the next generation, we decided to come here."

The Ngs, who speak Cantonese and Chinese Mandarin, didn't have much experience with English before moving the United States. Millie Ng took some English classes growing up, but she remembers the struggle of learning conversational English.

"That is completely different,"

"At first, we try to hide ourselves. We will try to hide ourselves to our same native language," she said.

The Ngs relied on their Chinese community to help them navigate American life, but that wasn't the experience Millie Ng wanted.

"So, I know I have to make up my mind," she said. "I have to live. I have to get involved in America. That is life. I have to jump out, to learn."

When the Ngs heard there was a place to learn English at the library, they started coming to the conversation group. Gradually, they began to learn the language. They also got help preparing for their citizenship test. It was hard, but they said the support and encouragement they received from the group made the process easier.

"I think that's one of the factors that the participants enjoy—that they can come into our room, speak, and not be concerned with someone criticizing them, someone making fun of

USPBL 2019 Tryout Dates at Jimmy John's Field

The United Shore Professional Baseball League will hold tryouts for the 2019 season at Jimmy John's Field in downtown Utica and 2SP Sports Performance in Shelby Township on April 16-19. Information on the tryouts can be found at uspbl.com/.

Officials say that 28 of the players that came to tryouts last season made Spring Training rosters and out of that group, 19 made Opening Day rosters.

There were 61 sellouts out of 75 games at Jimmy John's Field in 2018 and 10 games were featured on

ESPN3. Two players made appearances on ESPN SportsCenter's Top 10 Plays and six players signed with Major League Baseball organizations last year, pushing the overall total to 26 since 2016.

For more information, e-mail baseballoperations@uspbl.com.

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Day of Service Lends Time for Reflection

MLK DAY, From page 1

Campus, other volunteers gathered and wrote letters to active military service members for



MLK Day essay contest winner Kamaria Norwood (left) and her sister Halo work on dog tug toys for the Michigan Humane Society.

ies before she moves on to Central Michigan University to study health services administration. In her essay, Norwood high-

fair shot because of the credentials I have to offer to the school. I'm not automatically ruled out because of having different skin color," wrote Norwood.

Utica High School students gathered on Monday to honor the legacy of Dr. King as well. Approximately 100 Utica students gathered in the school cafeteria to take part in a series of service projects.

"The is the second year that we came together in a day of service to do various activities for the community," said UHS teacher Linda Kammann, one of the organizers.

Co-organizer Lindsey Berg, a UHS senior, said the students set up five stations in the cafeteria and the school's Electronic Collaborative Classroom for community service projects.

Operation Gratitude, made greeting cards for the organization Cards for Hospitalized Kids, made dog tug toys and "adopt me" bandanas for the Michigan Humane Society, and made capes for kids and cuddly creatures that will be distributed by the nonprofit Enchanted Makeovers to women's and children's shelters.

During a lunchtime ceremony, student Kamaria Norwood, 20, of Detroit, presented her essay, "Break Every Chain," which was chosen as the winner in Macomb's 2019 MLK Day of Service Essay Contest. In its sixth year, the contest is open to the college's students and requires a first-person narrative focusing on how the message of Martin Luther King, Jr., personally impacted the writer. Norwood was awarded a \$500 prize by the Macomb Community College Foundation.

Norwood expects to graduate from Macomb next year with an associate degree in general stud-



VOLUNTEERS FROM Macomb Community College work on capes for kids for the non-profit Enchanted Makeovers during the 2019 Day of Service.

lighted advances in available housing, voting and education since MLK's social action.

"Since Dr. King, I am able to apply to any college I want. I'm not limited to just 'colored' schools but schools that will help me be the best I can be. I'm able to compete with others and get a

"It's a cool experience to be part of and I just hope that every year it gets bigger and bigger," Berg said.

The projects included Project Linus blankets, fleece hats for foster children, and paracord bracelets for first responders.

Reading Program Enrollment Now Open

The United Shore Professional Baseball League is set to begin its fourth year of working with schools to encourage reading development through the USPBL Reading Program. Last year the program enrolled over 45,000 students throughout six local counties. The USPBL hopes to grow its successful program by developing even more relationships within these school districts.

The objective for each student is to hit a "home run" by meeting certain goals and requirements during the month of March. Educators will work with students to set the requirements according to their reading level.

The USPBL Reading Program encourages reading development in students of all grade levels. Every student that hits a home run will receive one free ticket to a baseball game this summer at Jimmy John's Field. The USPBL will also offer a free ticket to any educators that assist with the program, and family members of each student that hits a home run are offered discounted ticket options.

"The fifth graders at Wiley Elementary have taken part in the USPBL Reading Program since its inception. We love giving the kids this opportunity to read through the month of March and earn a free ticket to such an amazing and fun

family venue like Jimmy John's Field," said Fifth Grade Teacher Heather Andrus at Wiley Elementary in Utica.

The USPBL Reading Program will kick off on the first day of National Reading month, March 1, and conclude on March 31. Educators can enroll their students today by filling out an easy online submission form at uspbl.com/community/reading-program/.

For additional information on the USPBL Reading Program, contact Community Relations Coordinator Heather Cook at hcook@uspbl.com or 248-266-8264.

X-Golf Capitalizes on Winter Weather

X-Golf's indoor simulators allow golfers to keep up with their swing year-round. Officials from the city of Rochester Hills and Rochester Regional Chamber gathered at 1134 S Rochester Rd this week to wel-

County has been a positive one.

"We opened the first store in Shelby and it did really well and we wanted to expand that to here in Rochester Hills to give something fun and exciting to all the golfers



X-GOLF was not invented in Michigan, but considering the weather this week, it was made for it. The indoor golf simulation facility allows enthusiasts and amateurs alike to play a round of golf regardless of the conditions outside. A ribbon cutting ceremony was held this week for X-Golf Rochester Hills, located at 1134 S Rochester Rd.

come X-Golf's newest location in Rochester Hills.

Owners Brad Henderson, Jason Vinson, and Jared Vinson also have a location in Shelby Township at 45599 Market St which opened in 2017.

At the ribbon cutting ceremony, the owners said their experience of bringing their business to Oakland

out here," said Jason Vinson.

"**This is not** location number two, this is location number one," Rochester Hills Mayor Bryan Barnett joked, "because we never follow Shelby in anything."

Learn more about X-Golf Rochester Hills at xgolfrochesterhills.com or call 248-759-4195.

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LETTER TO THE EDITOR

Regarding Nathan Inks' Op-Ed "Term Limits Have Problems Of Their Own"

The recent article by Nathan Inks proves the argument for term limits. He states that lobby-

ists are far more knowledgeable about issues than state legislators. I am sorry but I would think that the legislators' job is to become knowledgeable about what they are doing and not taking the advice of special interest groups. As it stands now, we have the best government money can buy. Legislators' main job is get elected and the campaign starts the day they are sworn in. If you don't believe that campaign donors have influence over politicians, you are

naive to say the least.

It isn't an odd coincidence that most politicians retire as multimillionaires despite making a salary that would not justify the wealth they have accumulated. A much better solution would be to extend the term served for all legislators to perhaps 6 years, serving one term only, and socialize the election process by having the government finance each person's campaign with a fixed amount and not allow donations of any kind.

The goal in theory would be that legislators would make decisions that are best for the country as a whole even though it may be an unpleasant or unpopular decision. A perfect example was a bipartisan tax reform proposal, Simpson Bowles, that was widely agreed upon that it would fix the budgetary mess we are in. It was to stringent and no politician would actually vote for it because they didn't want to hurt their chances of reelection if they voted to take the bitter medicine needed to fix our budget problems. The examples go

on ad infinitum. The theory that they need time to get the experience to legislate holds no credibility with me. Our forefathers never envisioned career politicians, as they knew it would lead to a corrupt elitist class only interested in self enrichment. They envisioned common citizens serving their country without the thought of self enrichment and only for a limited time.

Regards,
Harold Koehler

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Lighted, secured parking is located east of the DIA on John R St., south of Kirby St. and north of Warren Ave. Daily parking rate is \$7; cash and credit cards are accepted.

Attention Senior Groups & Facilities!

Complimentary transportation to the museum for senior groups of 25 or more in Wayne, Oakland and Macomb only. To book, please call 313.833.7981 by 2/15/2019

Visit GazetteEvents.com or call 248-524-4868 for more information

How Do We Resolve This Political Divide?

PERSPECTIVES



Op-Ed by
PETE MAURER

America needs to heal, and in order for that to happen, several events have to occur. Most of us would agree that recent headlines suggest that the end of the current political situation is nearing a tipping point of sorts, and however it resolves itself, it is hard – if not impossible – to see this unraveling for much longer.

The political bickering that has been the backdrop of our daily lives for nearly 36 months now will eventually end, and whether it is conservatives or progressives in power at that time, things will slowly return to what passes for normal in Washington, D.C.

Our nation has become polarized to a frightening degree, but there is plenty of precedent to assuage ourselves that this, too, shall pass. During the Civil War and Tammany Hall, this nation was torn asunder, only to slowly heal and gradually resume our awkward and clumsy march into the future.

The internet, social media, and globalization of news media has helped spread the flames of discord faster, not to mention fan them faster, too. The proliferation of news stories, along with the increase in 'fake' news stories designed to propagandize their target audience, adds to the chaos - but technology and people smarter than me will figure ways to address this issue.

This polarization will end at some point. When that day

comes, we need to find a way to not only respect the difference in opinions, but also do so without resorting to bullying, name-calling, and finger-pointing.

To the perceiver, perception is reality.

We all need to remember that, too. I might agree with those who think an immovable, cement wall between Mexico and the U.S. is little more than a symbol, but that doesn't mean those who think it is a good idea are crazy for thinking so.

And for those who think our current president is inappropriate and inept, they need to remember that there are still a sizeable number of people who think he is doing just fine.

It will be critically important for both camps to actually listen to one another at some future point without getting emotionally-charged.

And all of us need to remember that the fear of people unlike us is primordial and evolutionarily hard-wired into all of us. It is only with experience with other cultures do you begin to appreciate the fact that America's greatest strength lies not with her military, but in the fabric of her society, woven with fibers from every corner of the world. Different isn't necessarily better or worse; it's just different.

When both sides recognize the validity of how the other feels, whether based in what most feel is fact or not, only then can we start to address those fears and concerns in a way that will lead to a better understanding and eventual resolution.

In other words, we'll all have to agree to disagree, but then try to find a solution.

Email the author at Gazetteguy@yahoo.com or send a letter to the editor at Andrew@gazettemediagroup.com.



Trustees Sworn In by MCC Board

RE-ELECTED TRUSTEE Roseanne DiMaria and newly elected trustee Joan Flynn were sworn in as members of the Macomb Community College Board of Trustees on Wednesday, January 16. They were elected in the November general election and join the college's seven-member board of trustees.

Proposal to Improve Road Funding Formula Introduced

State Rep. Jeff Yaroch is looking to bring Macomb County more money to repair roads with a proposal introduced last week in the Michigan House.

Yaroch's plan offers a new formula for the distribution of road repair money by putting more emphasis on the number of lanes roadways have rather than just their length.

A three-lane road would receive substantially more money for repairs than a two-lane road of equal length. Yaroch says this would help direct more resources to Macomb County and other areas with the most heavily traveled roads.

"The concern I hear about most often from Macomb County residents is the terrible condition of our roads," said Yaroch, of Richmond. "There are solutions

on the table to fix them faster – and this proposal is a good place to start."

Other Macomb County cosponsors include state Reps. Nate Shannon, Steve Marino, Bill Sowerby, Kevin Hertel, John Chirkun, Diana Farrington, and Douglas Wozniak.

"It's common sense that it takes more money to pave a three-lane road than a two-lane road, and this proposal simply reflects that common sense," Yaroch said. "This plan will provide a long-overdue fix to our road funding formula and get more money to the places that need repairs most – including Macomb County."

House Bill 4062 has been referred to the House Transportation Committee.

Local Economic Forecast

What will 2019 bring to the local economy? It's impossible to say for certain, but knowing the data can help you make better financial decisions this year.

Join the Sterling Heights Regional Chamber of Commerce for a presentation by David Sowerby, CFA, managing director, and portfolio manager at Ancora to hear his data trends and predictions for the area economy.

The event will be on Thursday, February 7, at the Palazzo Grande from 11:30 a.m. to 1:30 p.m. Lunch will be served.

Admission costs \$35 for Chamber members and \$45 for non-members. To register, visit shrcci.com/. To learn more about the event or to ask about sponsorship opportunities, contact Gina Rieck at griec@gshrcci.com, or call 586-731-5400.

The Only East Side Home Show!

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Health & Wellness

Helpful Tips for Quitting Tobacco

(NAPSI) According to the Centers for Disease Control and Prevention, nearly seven out of 10 smokers want to quit. In fact, quitting smoking is one of the most popular New Year's resolutions, and overall, cigarette smoking is down.

Make a plan and stick to it. Set a quit date. Use a quit medication, such as gum, patches or lozenges, to reduce symptoms of nicotine withdrawal. People who make a plan succeed more often than those who don't.

Stay active. Making physical activity a daily habit can help you fight cravings, avoid setbacks and feel better in general. It works because exercise stimulates the brain in positive ways - boosting mood, improving concentration and relieving stress. All of these benefits help conquer urges and give you more confidence to remain tobacco-free.

Start exercising during your quit so you can use physical activity as a way to conquer withdrawal symptoms and cravings. Select an

activity that you enjoy so you'll be more likely to keep at it.

Ask for help. There are support systems all around; don't be afraid to use them. People who seek support from others are more likely to succeed.

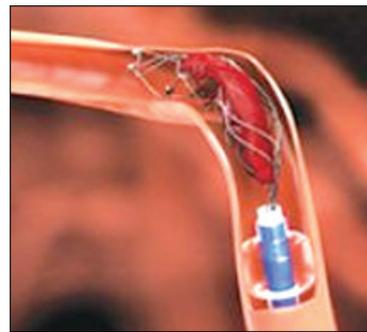
Surround yourself with a tobacco-free environment. Rid your home, car and work area of all tobacco-related items (lighters and ashtrays, as well as the tobacco products themselves). Check for any "forgotten" cigarettes or tobacco in old jackets, purses, tackle boxes, desk drawers or glove compartments. Wash any bedding, pillows, and clothes that smell like tobacco. If you can, have your carpets, furniture, drapes and car interior cleaned professionally to get rid of the tobacco smell. Clear your head of tobacco as much as possible. Start thinking like a nonsmoker and get enthusiastic about quitting.

Quitting is hard, but with determination and support, it can be achieved.

Unique Technology Used to Treat Pulmonary Embolisms

A minimally invasive device to treat patients with potentially deadly pulmonary embolisms is now being offered at Ascension Providence Rochester Hospital.

The device, known as the FlowTrieve, was approved last year by the FDA and is the first thrombectomy device cleared by the FDA for the treatment of pulmonary embolisms. The pulmonary embolism-specific clearance was based upon the strength of the recently released results from a clinical study. The study is a prospective, multicenter, single-arm study evaluating the FlowTrieve System in 106 patients with acute pulmonary embolisms.



The FlowTrieve allows for the non-surgical removal of blood clots from the pulmonary arteries without the use of thrombolytic drugs and the risk of bleeding complications. The device uses a specially designed catheter that

is fed into the site of the clot and is designed to pull the clot from the pulmonary artery, allowing blood to flow freely.

"The FlowTrieve device is unique because it allows us to provide our patients with an effective treatment option and one that reduces the risk of bleeding complications," said Nishit Choksi, M.D., director of Cardiovascular Services for Ascension Providence Rochester Hospital.

FlowTrieve is also offered at Ascension Macomb-Oakland Hospital in Warren and at Ascension St. John Hospital in Detroit.

The Most Popular Diet Trends of 2019

by AMY FORTUNE

If you are looking for a diet plan, you may feel lost in a sea of options. After all, there are low-carb diets, vegetarian diets, juice-based diets, diets that emphasize

that will deliver ideal results, you should do your research, consult with your doctor, and keep an open mind.

Of course, it is important to have information about your

Diet for Heart Health." With an emphasis on fresh fruits and vegetables, whole grains, and healthy fats, it is likely that the Mediterranean diet is here to stay.

The DASH Diet: The aforementioned DASH (Dietary Approach to Stopping Hypertension) diet is a strong contender in the world of diet plans because it is endorsed by the American Heart Association. It focuses on overall health and wellbeing and long-term weight loss.

The Nordic Diet: Also referred to as "The New Nordic Diet," this relatively new diet plan (introduced in 2017) is based on core concepts that involve eating more fruits, vegetables, whole grains, seafood and high-quality meats. This diet is gaining considerable traction among Millennials.

The Ketogenic Diet ("Keto" Diet): Previously referred to as "The Atkins Diet," or, simply, "a low carb diet," the Ketogenic Diet encourages adherents to cut carbohydrates to a bare minimum and primarily consume proteins and fats. This way of eating puts the body into a state known as "ketosis," where the body burns fat instead of carbohydrates for fuel. While many doctors warn potential keto dieters about the long-term, potentially negative effects of self-induced ketosis, the Ketogenic Diet typically yields quick weight-loss results. So, the plan is still incredibly popular.



natural foods, and so many others. And advocates of these diets have one thing in common - They all claim that their diet is the one that will bring you noticeable, sustainable results. So, who do you believe?

Well, when it comes to diet plans, it is difficult to separate fact from fiction - especially when every "expert" associated with a certain diet presents a seemingly compelling argument for the efficacy of their system. However, one thing seems certain: No one diet is perfectly suited to every person on the planet. Dieters have different needs, different lifestyles, and, most importantly, different biochemistries. So, if you are searching for a diet

most viable options. Therefore, without further ado, here are the most popular and/or intriguing diet options for 2019.

Diet Trends to Consider in 2019

The good news is that these trends (from Health.com) - with one notable exception - have been around for a while. Also, they are (for the most part) based on natural foods and the avoidance of overly processed items.

The Mediterranean Diet: This year, in a report from U.S. News, the Mediterranean Diet tied with the DASH diet for #1 Diet Plan. It won for "Easiest Diet to Follow," "Best Diet for Healthy Living," and "Best Diet for Diabetes." It also tied with the Ornish Diet for "Best

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- ✓ No pressure, NO OBLIGATION, casual and informational format.
- ✓ Find out what options work for YOU.
- ✓ Meet the doctor and implant team.
- ✓ Speak with actual patients about their own personal experiences.
- ✓ Learn about different implant types.
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Gazette CLASSIFIED

January 25, 2019



Shelby • Utica • Macomb • Washington
Gazette

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VOLUNTEER

Hope Not Handcuffs is an initiative started by Families Against Narcotics (FAN), aimed at bringing law enforcement and community organizations together in an effort to find viable treatment options for individuals seeking help to reduce dependency with heroin, prescription drugs, and alcohol.



A person struggling with any drug addiction can come to any of the participating police agencies and ask for help. They will be greeted with support, compassion and respect. Hope Not Handcuffs volunteer 'Angels' help with paperwork and provide compassionate support until a treatment option is found. Angel's can choose their own time slot by signing up to be on call for just 2 four hour blocks per month.

To sign up and learn more, visit familiesagainstnarcotics.org/volunteer

VOLUNTEER

Forgotten Harvest is a non-profit organization that collects surplus food and redistributes it to local charities, providing families in the metro-Detroit area with fresh and nutritious food.



Not only do their efforts benefit those in need in the community who need it most, they also help reduce food waste in the area by collecting large quantities of food from restaurants, wholesalers, and caterers.

Forgotten Harvest is always in need of monetary donations and volunteers.

Visit ForgottenHarvest.org for more information on how to donate your time, energy, and efforts to this worthy cause.

ADOPT A PET

The Humane Society of Macomb works to prevent cruelty to animals, and place adoptable pets into good, permanent homes with responsible owners and promote spaying and neutering to prevent overpopulation. The Humane Society of Macomb has many cats, dogs, puppies and kittens waiting for a new home. They are open Monday through Saturday, 10 a.m. - 3 p.m. for adoptions. Give them a call at 586-731-9210, and visit them at 11350 22 Mile Road in Utica.

Fiona

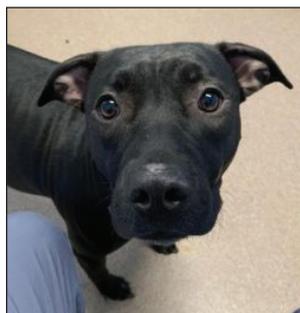


ADOPT A PET

Storm



Sadie



Cocoa



GET YOUR GAZETTE

Gazette Media Group is a media and events company based in Troy, Michigan. Originally established in 1980 by Claire Weber as the Troy-Somerset Gazette, GMG now publishes three local newspapers and hosts a variety of events throughout the metro Detroit area. The Gazette creates and curates hyper-local content and distributes free weekly newspapers throughout businesses in the community. Go to GetYourGazette.com to read past issues and to find the nearest pick-up location. The Gazette is always looking for news, photos, and tips from around the community. Email News@GazetteMediaGroup.com or call 248-524-4868 for editorial submissions.

GMG Gazette Media Group is Now Hiring!
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	1 Paper	2 Papers	3 Papers
15 Words	\$12	\$20	\$25
Each Additional Word	25¢ per word	50¢ per word	50¢ per word

To place a classified advertisement, call 248-524-4868, fax 248-524-9140, or email classifieds@gazettemediagroup.com



Sudoku

		8		9		2		
	3		6		2		8	
1			3					6
3	6				1			
		1		2		3		
			4				5	1
5					8	9		4
	7		2		9		1	
		3		1		8		

To place a classified advertisement, Call 248-524-4868, fax to 248-524-9140, or email classifieds@gazettemediagroup.com

15 words for \$12.00, each additional word 25¢ • Phone numbers and hyphenations count as 2 words, abbreviations count as 1 word

Single line of caps 75¢ • Bold single line of caps \$1.00 • Double line of caps \$1.50 • Bold double line of caps \$2.00

Payable by credit card or mailing a check to GAZETTE CLASSIFIEDS, P.O. Box 482, Troy, MI, 48099. Please make check payable to Gazette Media Group.

Deadline for ad placement is 10 a.m. Wednesday, the week of publication.

Gazette Media Group reserves the right to revise, classify, or reject in whole or in part, any advertisement in this newspaper. Errors / Corrections: The Gazette is committed to correcting errors that appear in the newspaper. Those interested in contacting the paper for that purpose can email: News@GazetteMediaGroup.com or call 248-524-4868. Please note, the Gazette is not responsible for errors in advertising.



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